

# HOW TO PUT ON, USE, TAKE OFF & DISPOSE OF A SURGICAL MASK



CATHOLIC  
SOCIAL  
SERVICES

Sign of  
*Hope!*

Before putting on a mask,  
**clean hands with alcohol-  
based rub or soap and water.**



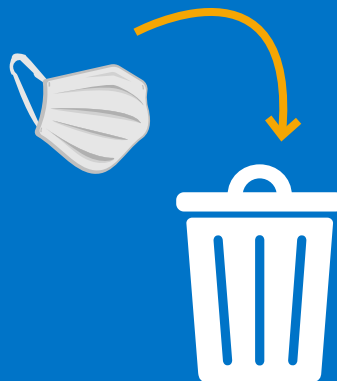
Cover mouth and nose with  
mask and **make sure there  
are no gaps between your  
face and the mask.**



**Avoid touching the  
mask while using it;**  
if you do clean your  
hands with alcohol-  
based hand rub or  
soap and water.



**Replace the mask with  
a new one as soon  
as it is damp and do  
not re-use single-use  
masks.**



**To remove the mask:  
remove it from behind  
(do not touch the  
front of the mask);  
discard immediately  
in a closed bin; clean  
hands with alcohol-  
based hand rub or  
soap and water.**

